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'APOLOGETIC' SUPERHERO REINVENTED FROM '70S COMIC BOOKS TO WEB SERIES PAGES 16 & 17

NOT TOO HOT TO HANDLE

Two recruits with Regina Fire and Protective Services — one in front of the other — spray water at a fuel blaze on a truck's tanker on Thursday during a hazardous-materials drill at a training yard. The exercise, which included an SUV in a staged crash, was carried out as a demonstration to assure Reginans that the department is well-equipped to battle and contain hazmat fires amid concerns over an increase in oil transported in and out of the city. Story, page 4. SARAH TAGUIAM/METRO

Pasqua to resume elective surgeries

Steam the culprit of staining. Health region improves sterilization procedure

MARCO VIGLIOTTI
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Elective surgeries will resume at Pasqua Hospital on Monday, after 130 procedures were postponed this past week while officials attempted to repair a sterilization equipment malfunction.

Keith Dewar, president and CEO of the Regina Qu'Appelle Health Region (RQHR), said on Thursday that staff have reduced the hospital's number of surgical packets with rust-coloured staining, paving the way for surgeries to resume — albeit at lower than usual volumes.

However, the problem hasn't been fully addressed as stains continue to appear on a number of packets.

"It has improved, but there are still (some stained packages)," Dewar told reporters at the hospital.

"The plan is to start to build up to normal (surgical) volumes, but not right away."

Dewar said staff have been unable to pinpoint the problem with the steam sterilization process. He did, though, point to the steam itself as the culprit.

"It is something to do with the steam — the amount of steam, the wetness of the steam — in terms of how it dries out," he noted.

"We're not too sure what the exact source of this is."

Watermarks resembling stains on equipment packages prompted the RQHR last week to postpone all elective surgeries at Pasqua and shift urgent procedures to Regina General Hospital.

Though officials stress that patient safety was never at risk because the equipment itself had been sterilized properly, Dewar maintains that the health region made the right call by exercising caution and calling off surgeries.

"In situations like this, you don't want to put people in risk," he explained.

"I appreciate the fact that staff felt comfortable saying, 'Let's stop and look at it.'"

Better safe than sorry

"In situations like this, you don't want to put people in risk.... I appreciate the fact that staff felt comfortable saying, 'Let's stop and look at it.'"

Keith Dewar, president and CEO of the Regina Qu'Appelle Health Region

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Minimum standards

NDP tables bill of rights for seniors in long-term care

The Opposition NDP introduced a private member's bill in the Saskatchewan legislature on Thursday, calling for minimum care standards for seniors homes.

NDP health critic Danielle Chartier said every resident at a care home deserves regular meals, regular baths and a minimum amount of one-on-one care.

"Bare-minimum care is not being met. We also across this province have a very uneven level of care," Chartier said.

"If you lay out a bare minimum, that means everybody across the province will at least get that kind of care."

Health Minister Dustin Duncan said he will study the bill to see if it would provide a benefit above what is being done. But he added that special-care homes have guidelines.

"We do have clearly defined rights and responsibilities for the residents. And we also do have rights and responsibilities for the special-care homes themselves of what we expect of them as well," said Duncan.

Chartier, however, said legislation is far more powerful than guidelines or regulations.

"The reality is we've heard stories about what care is like here under those guidelines," she said.

"Clearly, the guidelines aren't strong enough or they're not being followed."

The Law Reform Commission of Saskatchewan released a report last May that said steps should be taken to ensure civil rights are recognized in long-term care.

THE CANADIAN PRESS

Meningitis risk is low: Official

Public health. New concerns arise while WHL player remains critically ill in hospital

MARCO VIGLIOTTI
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The risk of contracting meningitis remains low, a Saskatchewan health official said on Thursday, while a Western Hockey League player remained in critical condition with the virus in Saskatoon.

"It's important to recognize that meningitis ... is extremely rare," Dr. Saqib Shahab, the province's chief medical health officer, told reporters in Regina.

"In Saskatchewan ... we see anywhere between two to 10 cases a year."

The renewed concerns about meningitis come as Tim Bozon, a star player with the Kootenay Ice, remains at Saskatoon's Royal University Hospital.

Bozon was admitted to the hospital on Saturday, a day after scoring a goal for the visiting Ice in a game against the Saskatoon Blades at Credit Union Place.

The case has prompted public-health officials to ensure that anyone whom Bozon, 19, recently had contact with receives appropriate medical treatment.

Blades management has confirmed that the team's players and other personnel have been given antibiotics as a precaution.

The Regina Pats will play against the Ice in Cranbrook, B.C., on Saturday. Pats management did not respond on Thursday to repeated requests for comment on any protective measures the team might be taking.

While avoiding comment directly on Bozon's situation, Shahab stressed that the potentially fatal virus is spread only through close or direct contact with someone infected.

"Just being in the same room," he said, "does not result in increased risk."

Saskatchewan had seven confirmed cases of meningitis in 2011, three in 2012 and three in 2013.

Aside from Bozon, there has been one confirmed case of meningitis in the province this year.

A key factor in reducing the number of cases, according to Shahab, is the province's high immunization rate.

Shahab noted that about 95 per cent of children entering kindergarten in Saskatchewan have received meningitis vaccinations.

WITH FILES FROM THE CANADIAN PRESS

Dr. Saqib Shahab, Saskatchewan's chief medical health officer, said on Thursday that the risk to the public of contracting meningitis is very low. MARCO VIGLIOTTI/METRO

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CBC and Metro partner to recognize young leaders

Future 40. The second annual event will celebrate 'smart, energetic and imaginative people under 40'

JACOB MORGAN
Metro in Saskatoon

CBC's Future 40 project is back for the second year and this time it's partnered with Metro to show off Saskatchewan's brightest young leaders on multiple platforms.

Nominations for the award are now open and will continue through March 14 until 40 people under the age of 40 are selected as the 2014 stars.

"Last year was really heartwarming," said John Agnew, managing director of CBC Saskatchewan. "It was quite a tour de force of talent and achievement."

Agnew added that the winners represent many walks of life from businesspeople and community activists to athletes and artists.

"It's from every sort of aspect of human endeavor," he said. "It's an opportunity to acknowledge that there are a whole lot of really smart, energetic and imaginative people under 40 out there."

With the province growing, said Agnew, the demographics are skewing younger. In 2013, CBC Saskatchewan received more than 300 entries.

Charlotte Empey, Metro Canada's editor in chief, said she's thrilled to take part in such an exciting initiative.

"When the media can come together and work co-operatively on projects like this, everybody wins," said Empey.

She added that it's important to appreciate those who are making a difference in their generation across all sectors of the professional world.

"From my perspective the goal would be to recognize the remarkable young people in the province who are going to create tomorrow's Saskatchewan," said Empey.

Travis Low, left, executive director of Parkinson Society Saskatchewan, with PR specialist Melissa Fiacco and comedian Jayden Pfeifer at the 2013 networking reception for CBC Saskatchewan's Future 40 project. COURTESY CBC

Metro and CBC will announce the winners between March 17 and 20, during which time the public will also have the opportunity to vote for the People's Choice award recipient.

For more information and to nominate an exceptional young person, head over to cbc.ca/sask and click the link for CBC Saskatchewan's Future 40. Stay tuned for next week, as Metro will catch up with a handful of the winners from last year's contest.

Regina fire crews fight fuel blaze in training

Deputy fire chief Layne Jackson checks the time to see when the oil tanker will explode for the hazardous materials exercise on Thursday. SARAH TAGUIAM/METRO

The amount of oil transported in and out of Regina is gradually growing, and so are concerns among the public about potential explosions.

To address these worries, Regina Fire and Protective Services staged an oil blaze on Thursday to demonstrate its crews' handling of situations involving hazardous materials such as propane, crude and gasoline.

The mock scenario, played out for media and for training, depicted an SUV crashing into a fuel tanker at the fire department's training yard while 20 recruits stood by.

Hazmat crew captain Kevin Gelinas said they "can never do enough training," especially with materials that are highly dangerous and unpredictable.

"Bringing everybody up to speed is paramount in our service," Gelinas said, "and our protocol is to keep the taxpayers of Regina safe."

The crews spent about 20 minutes using a hose and water to fight the flames.

"Scenarios like these help us build and prepare, so we can know what to expect when it comes up," said Brett Lepine, who began training this week.

According to deputy fire chief Layne Jackson, the city department employs more than 50 hazmat technicians and has specialized equipment to deal with large-scale and small incidents. SARAH TAGUIAM/METRO

Lady Luck

More than $1.1-million jackpot won at Prince Albert casino on slot machine

A very lucky player has won more than $1.1 million after visiting Prince Albert's Northern Lights Casino.

The prize was won on a slot machine.

The Saskatchewan Indian Gaming Authority (SIGA) said the cash prize was won in a Smoke Signals progressive slot jackpot on Thursday.

SIGA added the jackpot is one of the largest it has ever awarded.

The winner, whose name has not been made public, was set to claim a total of $1,159,434.80 at the casino on Friday.

Smoke Signals is SIGA's largest progressive jackpot.

The game is featured at six SIGA casinos across the province.

The jackpot starts at $250,000 and grows as more people play. METRO

Innovation Saskatchewan

Province spending $1.9 million on oil recovery projects

Saskatchewan is ponying up nearly $2 million to help find ways to push more oil out of the ground.

Innovation Saskatchewan, a government agency that gives the province advice on research and development, has approved $1.9 million to develop enhanced oil recovery technologies in heavy oil fields.

The money is for four projects, including two for the Regina-based Petroleum Technology Research Centre.

One project involves developing technology to map the flow of oil in reservoirs, while the second aims to assess the potential of radio frequency heating to increase oil production.

Another project will look at whether biosurfactant producing microbes can enhance oil recovery in the Lloydminster area.

Unlike conventional drilling, enhanced oil recovery looks at ways to extract heavy oil, get more oil out of older fields and push oil from rock formations. THE CANADIAN PRESS

13 years later. Texas man can be tried as adult for childhood attack: Judge

A Texas man accused of dousing a boy with gasoline and setting him on fire when he was a teenager can be tried as an adult for murder after the victim died from his burns 13 years later, a judge ruled Thursday.

Authorities allege that Don Willburn Collins was 13 when he attacked Robert Middleton in 1998 on his eighth birthday near the younger boy's home northeast of Houston. Middleton was burned across 99 per cent of his body and endured years of physical therapy before he died in 2011 from skin cancer blamed on his burns.

Colleen Middleton, Robert's mother, said she was relieved the case would go to trial.

"When Robert died we were thinking maybe nothing will ever happen, maybe someone is just going to get away with what they did to him," she said.

Don Willburn Collins
THE ASSOCIATED PRESS

"It's been a long road."

Shortly before he died, Middleton gave a videotaped deposition in which he accused Collins for the first time of sexually assaulting him two weeks before the attack. The sexual assault allegation prompted investigators to reopen the case.
THE ASSOCIATED PRESS

Pretoria court. Pistorius prayed next to his shot girlfriend, says witness

As the girlfriend he shot in the head lay dead or dying in his home, a weeping, praying Oscar Pistorius knelt at her side and struggled in vain to help her breathe by holding two fingers in her clenched mouth, a witness testified Thursday at the double-amputee runner's murder trial.

"I shot her. I thought she was a burglar. I shot her," radiologist Johan Stipp, a neighbour, recalled Pistorius saying. The worried neighbour had entered Pistorius's home after hearing screams. By that time, the celebrated athlete had carried Reeva Steenkamp's bloodied body downstairs following the fatal nighttime shooting in his bathroom.
THE ASSOCIATED PRESS

Murder charge

Pistorius is charged with premeditated murder after shooting Steenkamp three times out of four shots through the toilet door, with prosecutors trying to build a case that the Olympian intentionally killed Steenkamp after a loud argument.

Ukrainian riot police officers block pro-Russian supporters of activist Pavel Gubarev during a rally in Donetsk, Ukraine, Thursday. Ukraine lurched toward breakup Thursday when lawmakers in Crimea unanimously declared they wanted to join Russia. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Crimea sets vote to break from Ukraine

Russian power play. West answers Crimea's move with sanctions

Ukraine lurched toward breakup Thursday when lawmakers in Crimea unanimously declared they wanted to join Russia and would put the decision to voters in 10 days — and Russian lawmakers pushed a bill to facilitate a handover.

U.S. President Barack Obama condemned the moves and the West answered with the first real sanctions against Russia.

Speaking from the White House, Obama said any decisions on the future of Crimea, a pro-Russian area of Ukraine, must include the country's new government.

"The proposed referendum on the future of Crimea would violate the constitution and violate international law," Obama said. "We are well beyond the days when borders can be redrawn over the heads of democratic leaders."

Russian President Vladimir Putin's hand was almost certainly behind Thursday's dramatic developments, but it was not clear whether he is aiming for outright annexation, or simply strengthening his hand in talks with the West.

The White House moved to impose financial sanctions and travel restrictions on opponents of Ukraine's new government and the EU also announced limited punitive measures against Putin's government, including the suspension of trade and visa talks. Both Washington and the EU said they were discussing further sanctions.

Crimea's parliament rammed through what amounted to a declaration of independence from Ukraine, announcing it would let the Crimean people, 60 per cent of whom are ethnic Russian, decide whether they want to become part of their neighbour to the east. THE ASSOCIATED PRESS

Canada's stance

'Illegal' occupation

Crimea is under "illegal military occupation" and Canada will not recognize its forthcoming referendum on whether to join Russia, Prime Minister Stephen Harper said Thursday. Harper described Russia's invasion of Ukraine as an act of aggression and a clear violation of Ukraine's sovereignty and international law. THE CANADIAN PRESS

From 'high risk' to hopeful

International Women's Day. Lawrence Hill, author of The Book of Negroes, writes about his experience volunteering with girls at high risk for sexual assault and HIV exposure

LAWRENCE HILL
For Metro Canada

As International Women's Day approaches, I wonder how many Hillside High Schools exist in the world. But I would bet good money that there is no Hillside High School like the one I saw in Manzini, Swaziland.

In early February I had travelled to Swaziland as a volunteer to support the work of Crossroads International and its local development partner, the Swaziland Action Group Against Abuse (SWAGAA).

The girls greeted me by singing at the top of their lungs. There were nearly 100 girls crammed into a room with no open windows. Finally, a teacher held up her hand, brought the singing to a halt and asked what was on the girls' minds lately.

The answers came ringing out lucidly and unadorned: Was it appropriate for a high school girl to take up with a sugar daddy? What if they were exposed to HIV and died like their parents? What about teenage pregnancy?

Swaziland has the highest rate of HIV in the world, and young women are the hardest hit of all.

According to a study in 2008, 37 per cent of girls between 15 and 19 have HIV. In Swaziland, one girl in three will be sexually abused before age 18. The wave of sexual violence is so unrelenting that SWAGAA has created a network of "girls' empowerment clubs" to teach girls about their legal rights, issues of sexual reproductive health, and the need to oppose and report abuse.

Author Lawrence Hill with a girls' empowerment club in Swaziland. COURTESY CROSSROADS INTERNATIONAL

The day after I visited Hillside High School, I gave a creative writing workshop. Almost every girl in the group of 20 spoke or wrote about sexual assault. One girl began a writing exercise with these words: "Darkness has been my only mentor."

Crossroads International, a small Canadian NGO I have been supporting as a volunteer for 35 years, directs its development activities to girls and women in various African countries and in Bolivia.

In the case of Swaziland, the girls' empowerment clubs "are saving lives," says SWAGAA executive director Cebile Manzini-Henwood.

"There is urgency in the need to address sexual violence against young girls in my country, to teach them about practices that constitute gender-based violence and provide a safe space for them to report the violations and receive care, love and support."

On the eve of International Women's Day, let's remember girls and women around the world when we are donating from our own pockets and channeling Canadian-led development efforts.

CANADIAN WRITER LAWRENCE HILL FIRST TRAVELLED AS A CROSSROADS INTERNATIONAL VOLUNTEER TO NIGER IN 1979. HE IS AN HONORARY PATRON OF CROSSROADS INTERNATIONAL. HE VISITED SWAZILAND IN FEBRUARY, AFTER SPENDING TWO WEEKS IN SOUTH AFRICA FOR THE FILMING OF THE TV MINISERIES ADAPTATION OF HIS NOVEL THE BOOK OF NEGROES.

CO-OP Sherwood

Call for Nominations to the Sherwood Co-op Board of Directors

Sherwood Cooperative Association Limited invites nominations for the position of Director.

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- Strong interpersonal skills

If you are interested and would like to be considered for the role of Director, please write to:

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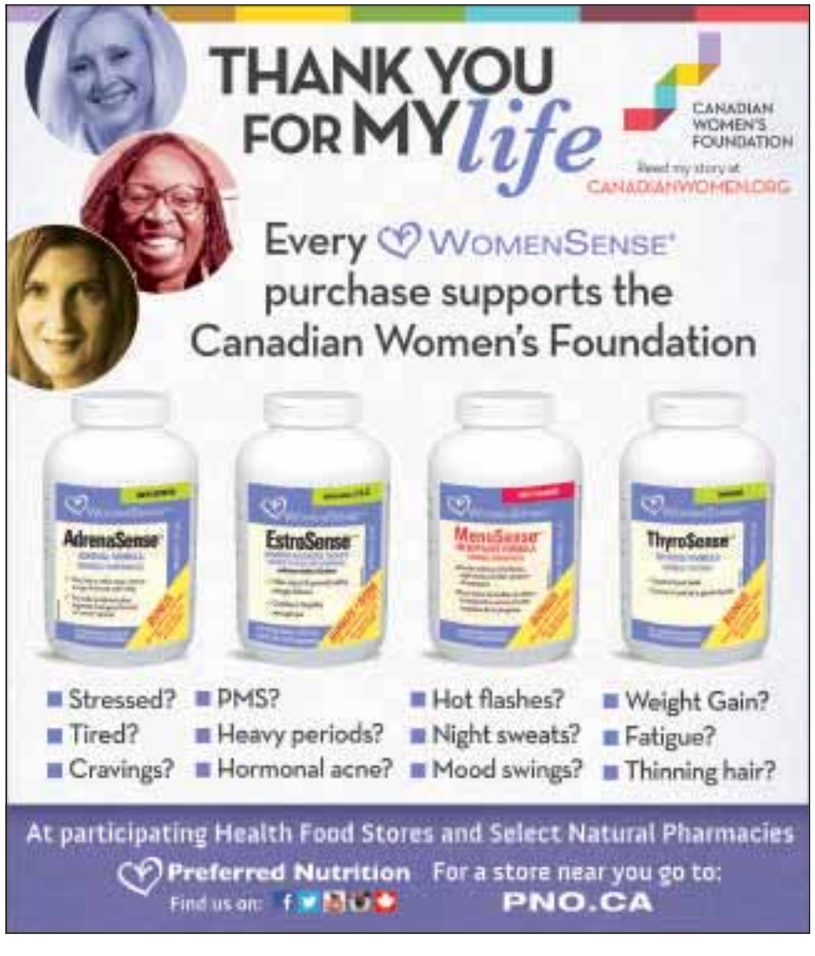

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PM's ex-advisor under illegal lobbying probe

Serious allegations.
Harper's former senior staffer faces new RCMP investigation

The RCMP is probing serious new allegations of illegal lobbying by a former senior advisor to Prime Minister Stephen Harper in connection with his work for a powerful business-funded energy advocacy group in Calgary.

The RCMP says that after Bruce Carson left the PMO he steadily worked federal Conservative contacts at the topmost levels to influence the development of a new national energy strategy and got handsomely paid for it, contrary to the criminal code and lobbying laws that ban lobbying within five years of holding a public office.

The revelations raise fresh and troubling questions about the access that Carson, a once disbarred lawyer, had to top officials in the Conservative government without anyone suggesting it might breach the Conservatives' own rules.

"None of them blew the whistle," said NDP ethics critic Charlie Angus. But Harper's parliamentary secretary shrugged off Opposition questions in the Commons Wednesday; first saying Carson is "a private citizen," then claiming the government did refer his activities to federal authorities.

"If this gentleman is found to have broken any laws, he should suffer under the full consequences of the law," said MP Paul Calandra.

In fact, documents show the federal lobbying commissioner initiated in November 2011 her own probe of Carson's questionable lobbying activities for the Canada School of Energy and Environment as well as a business-funded group calling itself the Energy Policy Institute of Canada or EPIC. Karen Shepherd finally referred the allegations to the RCMP in July 2012.

TORSTAR NEWS SERVICE

Connections

It's a sign of how well-connected Carson was that emails eyed by the RCMP tie him to many senior Conservative and Liberal contacts, including Harper's top public servant Privy Council clerk Wayne Wouters and former chief of staff Nigel Wright.

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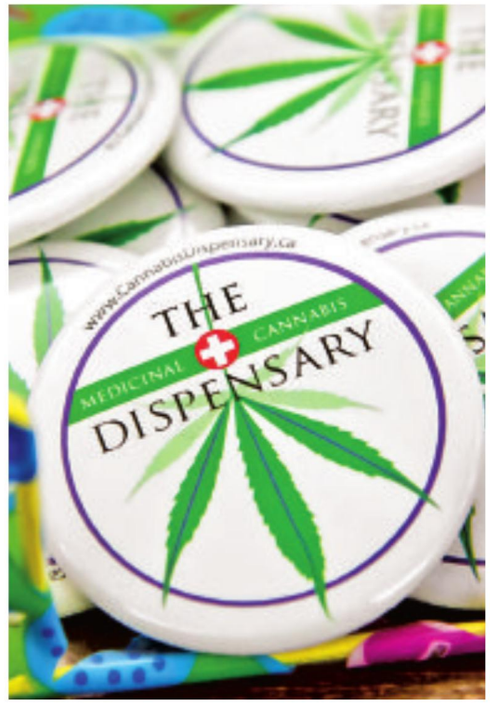

Hands off pot shops: Cops

Buttons are displayed at The Dispensary in Vancouver on Thursday. The Vancouver police have sent a message to the federal government about its new medicinal marijuana laws saying that they are more concerned with violent drug traffickers and will take a mostly hands-off approach to the many medical pot shops in the city. JONATHAN HAYWARD/THE CANADIAN PRESS

Privacy

Tight-lipped telecom industry

Privacy advocates say they're disappointed with vague responses from Canadian telecommunication companies about when and how they hand customer information to police and security agencies.

Researcher Christopher Parsons, who helped lead the effort to find out more about the practices, says just 10 of 16 Internet and telephone companies responded to a January questionnaire.

THE CANADIAN PRESS

Montreal

All nuit long

If a pilot project being proposed by Mayor Denis Coderre is successful, Montrealers might be able to drink till dawn.

Coderre says he doesn't see any reason why watering holes shouldn't be allowed to sell booze until 6 a.m. — a three-hour extension of current licensing laws. If it's ever allowed, there would only be a two-hour gap when bars couldn't serve alcohol — between 6 a.m. and 8 a.m.

THE CANADIAN PRESS

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We Day is heading across the pond to its inaugural U.K. event — the first outside of North America — this Friday at Wembley Arena in London. It's expected 12,000 students (including 130 from Canada) and teachers from more than 380 schools will be in attendance ... along with Prince Harry and a number of other celebs.

The Canadian invasion

We Day lands in the U.K. Inaugural event hopes to leave British youth with an infectious message of doing good

VAWN HIMMELSBACH
For Metro Canada

Each year, EF's Global Citizen Scholarship is awarded to 10 students across Canada who demonstrate a passion for global citizenship. And this year, the winners are heading to London and Berlin to participate in We Day U.K. and EF's Science & Innovation Summit in Berlin.

"What's unique about this event is that we have over 130 students from Canada joining with EF Tours to experience our first international We Day event and share their excitement with students in the U.K. who get to see it for the first time," said Craig Kielburger, international activist and co-founder of Free The Children.

Prerana Gambhir, a Grade 12 student with Fraser Heights Secondary in Surrey, B.C., is one of those 10 scholarship students. Gambhir, 17, is head of her school's global issues club and head delegate for the model UN.

Romeo Tello, a councillor with the City Youth Council of Toronto, is hyped to exchange ideas with other youth at We Day U.K. PHOTOS CONTRIBUTED

This year, the club is focused on women's empowerment; they're fundraising to support two girls' education in Tanzania and using any excess funds they raise to support micro-financing projects for women in developing countries.

As an immigrant to Canada, Gambhir says she realizes the importance of a free education. "I wanted to contribute and do my bit," she said.

In addition to fundraising through Free The Children's We Are Silent and We Scare Hunger campaigns, the global issues club has also created its own campaign called Five Days of Fire — a five-day competition that includes food and games.

Quoted

"What you want to do is help (recipients) create a self-sufficient lifestyle."

Prerana Gambhir, a grade 12 student who is passionate about sustainability issues

Prerana Gambhir is the head of her school's global issues club.

Gambhir feels strongly about the topic of sustainability. A lot of people feel they're doing their part just by raising money, she said, "but what you want to do is help (recipients) create a self-sufficient lifestyle."

With We Day U.K., it means getting that message across to an even larger audience.

Gambhir is excited to see education activist Malala Yousafzai at the event. "I've heard her speeches in the UN and her stories are truly moving," she said. She's also excited to see Evanna Lynch, who plays Luna Lovegood in the Harry Potter movies. "I'm a huge Harry Potter fan," she added.

Romeo Tello, a Grade 11 student with Monarch Park Collegiate in Toronto, is also on his way to London on scholarship. Tello, 16, is a councillor with the City Youth Council of Toronto, working with local reps on community issues and campaigns. His efforts have led, for example, to the extension of library hours in his community.

He also works with the school's Free the Children club, Minga. Last year, the club sent a group of students to India to help build a school; students are currently raising funds to build a school in Ecuador.

"I'm one of those more fortunate youth who got to see We Day grow into what it is now," said Tello. "I've been to one of the first We Days in Toronto and now I get to go to the first international one."

Like Gambhir, he's excited to see Yousafzai at We Day U.K.. But he's also hoping the trip will spark ideas through collaboration with like-minded youth — sort of like an informal forum of ideas.

"In my school we're all from the same neighbourhood — the discussion is pretty similar," said Tello. "These are nine other people from different areas of the country and our views will be different, our strategies will be different ... and hopefully some tangible strategies will come out of that."

We Day U.K. 101

- Co-chaired by Holly Branson and Lord Rumi Verjee, We Day U.K. features actress Jennifer Hudson, songstress Ellie Goulding artist Dizzee Rascal, and Malala Yousafzai, the international education activist and co-founder of the Malala Fund.
- Free The Children is one of the world's largest youth-driven charities. So far, it's helped to build more than 650 schools, providing education to 55,000 children, in eight developing countries.
- We Day is free to attend; schools earn their tickets by taking action in local and global communities.
- "We have students coming from all over England, Wales, Scotland, the Isle of Man, Northern Ireland and even the Republic of Ireland," said Craig Kielburger. "The young people in the U.K. are already incredibly creative and engaged in service actions and we can't wait to see the impact the first We Day event will have on them."

Malala Yousafzai GETTY IMAGES

So did the chicken or egg get there first?

Hannah Owen says her experience with Free the Children spurred her on to start her own fundraising efforts. PHOTOS CONTRIBUTED

In 2010, Hannah Owen went to Rwanda with her dad, actor Clive Owen. She was 13 years old. They were there as guests of Aegis Trust, a British NGO that campaigns to prevent genocide.

It was a life-changing experience. "I had been opened up to the world of Africa ... but I never really had the experience of youth empowerment," she said. It was a trip to Kenya a year later with Me to We — to visit a Free The Children development — that helped her see how youth could make a difference.

"It had the most incredible impact on me," said Owen. "It completely changed my perspective on what is possible."

When she returned home, she started her own fundraising efforts. A conversation with friends turned into a chicken-and-egg race with her sister through the streets of London (each dressed in a costume) to see who would come first: the chicken or the egg. "It was completely bonkers," she said, adding that they managed to raise $5,900 that went toward education in Kenya. Over the past three years, Owen estimates she's helped to raise about $18,500 for various causes.

Hannah and her sister competed in a chicken and egg race through London to see who would finish first.

She's particularly excited to hear Malala Yousafzai speak at We Day U.K. Of course, she'll also be there to see her dad take the stage.

"He has pushed me and opened the doors to that world," she says of her dad.

As for We Day U.K., Owen believes it's going to have a big impact on British youth.

"It will be a spark for an amazing cloud of positivity around the U.K."

VAWN HIMMELSBACH/FOR METRO

Online

Visit metronews.ca Friday afternoon for more coverage from the very first We Day in the U.K.

- Red carpet arrivals
- Photo galleries from the event
- An extended audio interview with Hannah Owen

Student debt

Flinging up his $5,400 grad cap

A University of Michigan-Flint senior has taken a chunk out of his tuition debt by selling ad space on his graduation cap.

The Flint Journal reported Alex Benda raised $5,400 US as of Thursday.

The 22-year-old is looking to rent out as much space on his graduation cap as he can.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.98¢ (+0.38¢)

TSX
14,271.92 (-32.25)

OIL
$101.56 US (+$0.11)

GOLD
$1,351.80 US (+$11.50)

Natural gas: $4.64 US (+$0.07)
Dow Jones: 16,421.89 (+61.71)

What were Coke execs on when they came up with this ad?

A Diet Coke ad is seen at 84th Street and First Avenue in New York City. While Coca Cola insists its new campaign is about life's big and small "You're on" moments, many are finding it hard to ignore the phrase's more colloquial meaning — namely, you're on drugs.

DAVID ROTH/FOR TORSTAR NEWS SERVICE

Worth a Bad Idea patch? Girl Scouts' Barbie deal draws ire

Advocates. Partnership with doll-maker in the U.S. will transform little girls into 'walking ads'

America's top doll, Barbie, finds herself in controversy once again, this time over a business partnership between her manufacturer, Mattel, and the Girl Scouts.

On Thursday, two consumer advocacy groups often critical of corporate advertising tactics — the Campaign for a Commercial Free Childhood and the Center for a New American Dream — criticized Barbie as a flawed role model for little girls and launched a petition drive urging the Girl Scouts of the USA to end the partnership. The Girls Scouts said they would not do so.

The Girl Scouts' partnership with Mattel, announced last August, includes a Barbie-themed activity book, a website, and a Barbie participation patch — the first Girl Scout uniform patch with corporate sponsorship.

THE ASSOCIATED PRESS

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THAT TIME WE BROKE TWITTER

THE METRO LIST
Mike Benhaim
metronews.ca

1 Celebrity selfie. It was bound to happen, and the world can thank Ellen DeGeneres for being the first to discover that if you take a picture with the world's biggest stars on live TV, and then challenge those viewers to break a retweet record, and it's free ... somebody's setting a new retweet record. #OscarSelfie

2 Mayor of late night. Jimmy Kimmel's most talked-about guest was Toronto's Rob Ford. Kimmel poked some fun and showed a video montage of the mayor's various missteps, read him a letter from an angry Torontonian, and grilled him until the mayor was literally sweating. Among Ford's top comments were "the apologies are over, I'm moving on," "I wasn't elected to be perfect," and the golden quote, "Actions speak louder than words." Oh, I'm done.

3 Pardon my French. Quebec Premier Pauline Marois, hoping to capitalize on recent polls putting her ahead of the Liberals, has called an election. Her goal is to achieve a majority government that will allow her to adopt her controversial Charter of Quebec Values. *No hashtags were suitable for print.*

4 Academy hustle. Fans of American Hustle were disappointed as the film's 10 nominations yielded zero wins. It never had a chance as host Ellen DeGeneres pointed out with my favourite line of the night: "Possibility number one, 12 Years A Slave wins best picture. Possibility number two, you're all racist."

5 Frosty tweets. Checking my Twitter account (@TheMetroList) while crossing the street, I stepped into a pothole that filled my boot with freezing water as a truck passed by splashing slush over the entire right side of my body, and the hashtag staring back at me was #SpringForward. Terrific. One less hour of bed rest.

6 The Voice. In this week's blind auditions, one mentor reigned supreme, collecting artist after great artist with nothing but his three previous wins and the promise of a good time. Of all the musical talent on the panel, that man was the quick-witted and charismatic Blake Shelton. #TeamBlake

7 Dancing With the Stars. ABC revealed their lineup for the upcoming season. Contestants include: Danica McKellar of The Wonder Years, Candace Cameron Bure of Full House, Drew Carey, and Diana Nyad who swam from Cuba to Key West last year. Hashtag is #DWTS because it's shorter than #DancingWithPeopleYouNeverHeardof,orForgot.

8 Puck daddy. The Vancouver Canucks traded goaltender Roberto Luongo to the Florida Panthers, tweeted his picture with the quote, "This caught me off guard, but I'm excited. I'm going home." then deleted it! No one knows why, but it spawned a barrage of creative tweets including one with Luongo's face on a 'Get out of jail free' card, referring to Vancouver's escape from the 35-year-old's 12-year contract that still has eight years to go.

ZOOM

How does this sound to you?

COURTESY LICKSTER

3D-printed cone is music to the ears

The greatest taste experiences can feel like sweet music, and one of mankind's favourite treats can now provide a soundtrack. Ice cream that can be played as an instrument, with tongue-activated sensors in a 3D-printed cone sending signals to a computer that plays "sounds reminiscent of winter icicles and slippery surfaces."

METRO

Q & A

Heightened senses

Metro spoke to designer Emilie Baltz

What considerations are there when matching a foodstuff to a music experience?
Our goal with performance food experiences is to study the relationship between the senses. It is challenging to say there is a 'should' involved in pairing sound with food. Anything can be paired with anything; the interesting piece is the resulting emotion that is created from the mixture. Food is such a subjective, complex experience that each person reacts differently.

What other foods do you think would work well with musical accompaniment?
We tried marzipan, dough, cocktails, sodas and even the rogue jar of peanut butter, which did not work. Seeing as music is a rhythmic experience, the foodstuffs that beg for repetitive actions — like licking — for their ingestion are perfectly suited.

Clickbait

IRENE KUAN
Metro Online

ISTOCKIMAGES

Everybody likes a deal, and if clipping coupons is not your thing, here are some websites and apps that help you find promo codes for everything from your groceries to Internet purchases.

Checkout51:
Get grocery coupons with this app. New offers are loaded every Thursday, offering savings for brand name items you purchase from grocery and drug stores. Once your account reaches $20, they will mail you a cheque.

Promofly:
Use this free online tool to find promo codes for thousands of websites. You will need to sign up and save the Promofly bookmark. Whenever you online shop, you can use the generator to find you coupon codes.

Comments

RE: Napping On Vancouver Transit? Smile For The Camera! Published March 3

This should not be allowed.. I for one would not want someone snapping a photo of me and posting it on the internet for everyone to see. These people deserve privacy, instead of being ridiculed.
Tuccy posted to metronews.ca

I don't think it's a big deal. The pictures aren't inappropriate, it's just a snapshot of what everyone else on the train is seeing. If you're falling asleep on public transportation and you think you deserve privacy, erm....stay awake? Go to sleep at home?? ? There's hardly a breach of privacy here.
RainyDays posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Synopsis

Based on characters from The Rocky and Bullwinkle Show, the movie stars the voice of Modern Family's Ty Burrell as Mr. Peabody, a beagle who is also the world's smartest being. Imagine Family Guy's Brian with less attitude but more PhDs. When his adopted son Sherman (Max Charles) bites schoolmate Penny (Ariel Winter) Peabody tries to smooth things by throwing a dinner for Penny's parents (Stephen Colbert and Leslie Mann). His party plan is almost derailed when Sherman and Penny hijack the WABAC device, a time machine that takes them to ancient Egypt and the Trojan War. Can Mr. Peabody rescue them before Penny's parents notice she's gone and the space-time continuum is irreparably destroyed? Steve Gow sits in for Mark Breslin this week.

- Richard: ●●●●○
- Mark: ●●●○○

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Mr. Peabody & Sherman opens this weekend. CONTRIBUTED

Every dog has its day

Mr. Peabody & Sherman. Family flick still cuts clever for the adults in the theatre

Richard: Steve, Mr. Peabody & Sherman lacks the political bent of the original Jay Ward cartoon series, but it is loaded with references from literature, history and popular culture. It's the only kid's movie with an Oedipal joke and I can't imagine a Minion punning, "Marie Antoinette could have kept her head if she had issued an edict to distribute bread to the poor. But you can't have your cake and edict too." Which means it is stuffed with the spirit of Ward, which is a good thing, even if it does veer off path with a sentimental father and son subplot. What did you think?

Steve: I agree 100 per cent, Richard. In fact, by dipping its proverbial toe into that father-son subplot, the film dares to touch on what other family films like Finding Nemo or The Incredibles have done better. Still, the movie's meteoric pace never lingers too long on any facet of the film and its niche truly is the ceaseless nods to historical events. My favourite had to be a clever throwback to Spartacus.

RC: I know the history element sounds dangerously educational for a mainstream kid's flick, but the movie's trips back to ancient Egypt, the Trojan War and Leonardo Da Vinci's studio where they discover the secret of Mona Lisa's smile are really fun. They are made doubly so by great voice work. As the dim witted general Agamemnon, Patrick Warburton really stands out. He started the confident dumb guy routine on Seinfeld (as Elaine's on-and-off boyfriend Puddy) and uses it to hilarious effect here.

SG: And for those who remember the old Bullwinkle series, Ty Burrell does a pretty decent job voicing the movie's canine savant. Even more successful are the comedy's captivating visuals, especially the way director Rob Minkoff works the 3D to capture the measure of epic Trojan battles or travelling through the time-space continuum and not simply for eye-catching sight gags.

RC: The animation is top notch and like the best of Ward's work, Mr. Peabody & Sherman realizes that the material has to work on multi levels, the surface and the satirical. Like The Lego Movie, I think this movie will appeal to kids and adults.

SG: Again, I agree. The movie is a peppy, playful ride through history for all ages. In fact, it probably won't hurt either that most everyone in the audience will barely remember the old Bullwinkle cartoon.

Villeneuve's dark twisted fantasy

Enemy. Actor Jake Gyllenhaal talks about breathing life into Quebec filmmaker's cinematic vision

LIZ BROWN
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Denis Villeneuve, left, and Jake Gyllenhaal chat on the set of Enemy, which opens on Friday. CONTRIBUTED

In many ways, 2013 was a dark year for Canadian filmmaker Denis Villeneuve and his right-hand actor, Jake Gyllenhaal. At the Toronto International Film Festival, the pair premiered two disparate — but both unsettling — films.

The one that garnered the most attention was the Hugh Jackman-fronted Prisoners, where Gyllenhaal plays the morally upright gumshoe Detective Loki. And while this role pulled plenty of praise for Gyllenhaal, his more difficult turn as an actor came in Villeneuve's second offering at TIFF — the mind-bending Enemy.

The film, based on a book called The Double by Portuguese writer José Saramago, delves into deep thoughts on doppelgangers. It's a heavy psycho-erotic thriller whose ending refuses to be constrained with a neat bow. Gyllenhaal plays a melancholic Toronto-dwelling history prof who learns there's a D-list actor out in Mississauga who looks *exactly* like him. The actor is challenged to play two characters against himself when the doubles eventually meet.

"Denis was inspired by the book and was trying to find a really grand metropolis that matched his idea. He felt like Toronto has been shot as other places so often but not very often as itself," says Gyllenhaal, explaining the director's decision to set the story in Canada's largest city — a creative leap from the book.

The air is unsettling as the story unfurls in a grey and desolate Toronto. And as the doppelgangers continue to meet things just get more murky. "It's about the unconscious," Gyllenhaal says of the film. "There's a dream-like nature to it. Dreams are had in the dark and they have this darkness that's really beautiful," he adds.

Enemy is the kind of movie that taunts us to construct meaning from a fever-dream and will leave viewers debating its meaning long after the finale. "I feel like we're all searching for a concrete answer to films. We want a structure that is clear and a lot of times we want a resolution that will somehow bring us comfort in a discomforting world," says Gyllenhaal.

But even after this philosophical moment, Gyllenhaal himself can't escape that human desire to put things in order, offering his own interpretation on the tale: "I think it's about a man struggling with committing to a relationship and a marriage. It's the psychological journey, when you're trying to decide the parts of yourself to commit to and the parts of yourself to kill off," he says.

Canadian Screen Awards

Enemy is nominated for a number of Canadian Screen Awards, including best motion picture, achievement in direction (Denis Villeneuve), performance by an actor in a leading role (Jake Gyllenhaal) and performance by an actress in a supporting role (Sarah Gadon).

Canadian Screen Awards

Orphan Black, Degrassi take home hardware

The sci-fi serial Orphan Black heads into this weekend's Canadian Screen Awards with a leading eight trophies already under its belt. The Space smash became the TV leader at an early industry gala that bestowed acting awards to supporting actor Jordan Gavaris (who plays Felix), supporting actress Maria Doyle Kennedy (Mrs. S) and guest performer Natalie Lisinska (Aynsley).

Degrassi collected four awards in the children's or youth categories, including best series, best direction, best writing and best performance for young actor Dylan Everett (Campbell Saunders).

Winners in the marquee film and TV categories will be announced at a star-studded bash in Toronto on Sunday. Martin Short hosts that bash in Toronto. It will be broadcast on CBC-TV.

THE CANADIAN PRESS

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Senate reform has been much debated; it has even become an oxymoron. It is a bit like the weather – everyone talks about it but no one does anything about it. Dr. Gordon Barnhart will discuss the topic of Senate reform drawing on his extensive research of the subject and his previous experience serving for five years as Clerk of the Senate. He will outline the many past attempts at reform, and make suggestions for possible future action.

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Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.
Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Action

300: Rise of an Empire

Director. Noam Murro

Stars. Sullivan Stapleton, Eva Green

Based on Frank Miller's latest graphic novel, Xerxes, and told in the breathtaking visual style of the blockbuster 300, this new chapter of the epic saga takes the action to a fresh battlefield on the sea as Greek general Themistocles (Sullivan Stapleton) attempts to unite all of Greece by leading the charge that will change the course of the war.

Rotten Tomatoes™ score
Critics: 64% **Audience:** + 98%

Thriller

3 Days to Kill

Director. McG

Stars. Kevin Costner, Amber Heard

In this heart pounding action-thriller, Kevin Costner is a dangerous international spy, who is determined to give up his high stakes life to finally build a closer relationship with his estranged wife and daughter, whom he's previously kept at arm's length to keep out of danger. But first, he must complete one last mission.

Rotten Tomatoes™ score
Critics: 31% **Audience:** 53%

Comedy

No Clue

Director. Carl Bessai

Stars. Amy Smart, David Koechner, Brent Butt

When a low-level ad man is mistaken for a private eye by a gorgeous blonde, he pretends to be the PI she wants and offers to find her missing brother. But when the job turns violent, he realizes he's in way over his head.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 100%

Director makes nod to classic 1970s car flicks

Need For Speed. In the age of CGI, stuntman-turned-filmmaker Scott Waugh celebrates the visceral ride

COLIN MCNEIL
colin.mcneil@metronews.ca

They just don't crash 'em like they used to.

The era of computer-generated characters, green screen fakery and motion capture magic is upon us. Film has gone digital, right down to the cameras. You might say the days of the practical stuntman — who crashed real cars and put his life on the line for a great shot — is dead and gone.

Need for Speed director Scott Waugh would beg to differ. In his movie, "all of it's real."

"The only CGI I'm doing," he says, "is painting out the cameras that I have everywhere."

Waugh, a second generation stuntman turned director, shot Need for Speed on location in Detroit with the most practical special effects possible. The classic car films of the 1960s and '70s were his inspiration.

"We still quote them," he says. "We quote Bullit, we quote French Connection, we quote Grand Prix, Smokey and the Bandit.

"And that's what we're trying to bring back on this movie.

"All the car driving's for real, we're going the speeds we say we're going and it's really a visceral ride."

But this isn't the '70s, and modern movies often demand more and more action sequences that seem impossible to do in real life. Not a problem for Waugh. "It's just a matter of engineering it right," he says.

For just one of the film's jaw-dropping car jumps, Waugh and his team spent six months planning and getting the physics just right. For the human beings behind the wheel, it's time well spent. "When you start travelling at the speeds we're travelling during this film, the consequences are exponential," he says.

But it's not all about the crash bang boom. Waugh knows the importance of the leading man in a good car flick, and likens Need for Speed's star Aaron Paul to the King of Cool himself. "He's one of the first people I've worked with in his age bracket that actually harnesses the Steve McQueen vibe," says Waugh of Paul.

"Steve had an incredible thing about him. He was dangerous as a person, he was charming, and he was loveable, and he was talented physically. That's a hard four to find in our current actors that are in the 20s age bracket, and he's [Aaron Paul] the only one to me that harnesses those qualities.

If you ask Waugh, the loveable Breaking Bad alumnus has the danger factor and the McQueen charm, but what about the physical part?

"I told him," laughs Waugh, "if he doesn't make it as an actor, he's got a great stunt career ahead of him."

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 7 TO THURS., MAR. 13. TIMES ARE SUBJECT TO CHANGE.

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3 Days to Kill (14A) Fri 7:20-10 Sat-Sun 1:10-3:55-7:20-10 Mon-Tue 5:20-8:05 Wed 1:50-5:20-8:05 Thu 5:20-8:05
300: Rise of an Empire 3D (18A) Fri 7:05-9:45 Sat-Sun 1:30-4:15-7:05-9:45 Mon-Tue 6-8:35 Wed 2:10-6-8:35 Thu 6-8:35
About Last Night (14A) Fri 7:40-10:05 Sat-Sun 12:20-2:50-5:15-7:40-10:05 Mon-Tue 5:55-8:25 Wed 2-5:55-8:25 Thu 5:55-8:25
American Hustle (14A) Fri-Sun 6:55-9:55 Mon-Thu 8 Frozen (G) Sat-Sun 12:50
Frozen 3D (G) Sat-Sun 3:50 Mon-Tue 5:40 Wed 2-5:40 Thu 5:40
The Hunger Games: Catching Fire (PG) Fri-Sun 6:40-9:50 Mon-Thu 8:15
The LEGO Movie (G) Sat-Sun 12:30 Wed 1:50
The LEGO Movie 3D (G) Fri 7:50-10:15 Sat-Sun 3-5:25-7:50-10:15 Mon-Thu 5:50-8:20
The Monuments Men (PG) Fri 6:45-9:35 Sat-Sun 1:15-4-6:45-9:35 Mon-Tue 5:25-8:10 Wed 1:40-5:25-8:10 Thu 5:25-8:10
Mr. Peabody & Sherman (G) Sat-Sun 12:15 Star & Strollers Screening, Wed 1:30
Mr. Peabody & Sherman 3D (G) Fri 7:30-9:55 Sat-Sun 2:40-5:05-7:30-9:55 Mon-Thu 5:30-7:55
The Nut Job (G) Sat-Sun 1:50-4:40 Mon-Tue 5:45 Wed 2:10-5:45 Thu 5:45
Ride Along (PG) Fri 7-9:30 Sat-Sun 1-4:30-7-9:30 Mon-Thu 6:05-8:40 Star & Strollers Screening Wed 1:30
Starting Over Again (PG) Fri 7:15-10:10 Sat-Sun 12:40-3:40-7:15-10:10 Mon-Tue 5:35-8:30 Wed 1:40-5:35-8:30 Thu 5:35-8:30

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

300: Rise of an Empire 3D (18A) Fri 5:05-7:40-10:15 Sat 11:55-2:30-5:05-7:40-10:15 Sun 2:10-4:35-7-9:25 Mon-Tue 7:30-10 Wed 6:55-9:25 Thu 7-9:25 Fri 5:35-8:10-10:45 Sat 12:25-3-5:35-8:10-10:45 Sun 12:25-2:50-5:15-7:40-10:05 Mon-Tue 7-9:25 Wed 7:40-10:10 Thu 7:45-10:20
Dolphin Tale (STC) Sat 11:05
In Fear (14A) Thu 7:30
The LEGO Movie (G) Fri 4:10 Sat 11-1:30-4:10 Sun 2-4:25
The LEGO Movie 3D (G) Fri 4:55-7:25-9:50 Sat 11:40-2:15-4:55-7:25-10 Sun 2:25-4:50-7:15-9:40 Mon-Thu 7:15-9:40
Mr. Peabody & Sherman (G) Fri 4:50-7:15 Sat 12-2:25-4:50-7:15 Sun 12:20-2:40-5:05-7:25 Mon 7:25 Tue 7:30 Wed-Thu 7:25
Mr. Peabody & Sherman 3D (G) Fri 5:20-7:45-10:10 Sat 12:30-2:55-5:20-7:45-10:10 Sun 12:50-3:15-5:35-7:55-10:15 Mon-Thu 7:55-10:15
Need for Speed 3D (PG) Thu 9:15
No Clue (STC) Fri 4:30-7-9:30 Sat 1:55-4:30-7-9:30 Sun 12-2:20-4:40-7:10-9:30 Mon 7:10-9:30 Tue 7:15-9:35 Wed-Thu 7:10-9:30
Non-Stop (PG) Fri 5:25-8-10:40 Sat 11:50-2:35-5:25-8-10:40 Sun 12:05-2:35-5:10-7:45-10:20 Mon 7:45-10:20 Tue 7:50-10:25 Wed 7:50-10:20 Thu 7:40-10
Pompeii 3D (STC) Fri-Sat 5:10-7:55-10:30 Sun 5-7:30-10 Mon-Tue 7:40-10:05 Wed 9:45 Thu 6:50
RoboCop (PG) Fri-Mon 9:45 Tue 9:50 Wed 9:20 Thu 9:45
Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sat 12:55
Son of God (PG) Fri 4-7:10-10:20 Sat 12:50-4-7:10-10:20 Sun 12:35-3:40-6:45-9:50 Mon 6:50-9:50 Tue 6:55-9:55 Wed 6:50-9:50 Thu 6:55-9:55
That Awkward Moment (14A) Fri-Sat 6:50-9:35 Sun-Mon 6:55-9:15 Tue 7-9:20 Wed 7:30-10 Thu 10:10
Tootsie (STC) Sun 12:55 Wed 7

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flight of the Butterflies 3D (STC) Fri-Sat 1-3:30-7 Sun 1
Flight of the Butterflies 3D (STC) Wed 1 Thu 1-7
The Hobbit: The Desolation of Smaug: An IMAX 3D Experience (PG) Fri-Sat 8:15 Sun 2:15 Tue-Wed 2:15 Thu 3:30
Kenya 3D: Animal Kingdom (STC) Fri-Sat 2:15-4:45
No Films Showing Today (STC) Mon
Rocky Mountain Express (STC) Tue 1 Thu 2:15

Golden Mile
3806 Albert St.

300: Rise of an Empire (18A) Fri 7:10-9:30 Sat-Sun 1:30-7:10-9:30 Mon-Thu 7:10-9:30
The LEGO Movie (G) Fri 7 Sat-Sun 1:45-7 Mon-Thu 7
Mr. Peabody & Sherman (G) Fri 6:45-9 Sat-Sun 1-3:20-6:45-9 Mon-Thu 6:45-9
Non-Stop (PG) Fri 7:20-9:40 Sat-Sun 2-7:20-9:40 Mon-Thu 7:20-9:40
RoboCop (PG) Fri-Thu 9:20

Regina Public Library Film Theatre, 23 11 12th Ave.

Gabrielle (14A) Thu 9:15
Good Vibrations (STC) Fri 7 Sat 9 Sun 7
No Films Showing Today (STC) Mon-Tue
The Past (PG) Thu 7
Star Trek: First Contact (STC) Wed 7
Sweet Dreams (STC) Sat 7
Watermark (G) Fri 9 Sun 9

Crash! Clank! Canuck, eh!

Exclusively online

Discover more of Canada's superhero past and present online at metronews.ca

- **Wolverine.** The great north is home to a pen-and-ink comic book history that is more than just pulp fiction. From Captain Canuck to Nelvana of the Northern Lights; Wolverine to Northguard, go online for an interactive map of Canadian superheroes.

- **First comic.** While the first edition of Nelvana of the Northern Lights cost 15 cents in the 1940s, you can read it online for free. Find out how Nelvana descended to earth after being called by Chief Tadjo to defeat the evil Commander Toroff.

- **Fan art.** When it came to how Nelvana would be illustrated, comic creator Adrian Dingle had some ideas of appropriate Arctic wear: a fur-trimmed mini-skirt, knee-high boots, matching gloves and headband, and a magical cape. While fans of the Inuit demi goddess aren't apt to wrap her in a Canada Goose jacket, they do have their own opinions about how Nelvana should look in 2014. Go to metronews.ca/nelvana to see some of their works.

Canada's own super hero. Captain Canuck, the boy scout with superhuman strength, has been reinvisioned for a new generation

DEAN LISK
life@metronews.ca

When it comes to updating a disco-era comic book character for an action-filled generation, you need to make some crucial changes.

"These days, the whole idea of a superhero in tights doesn't really exist," said Fadi Hakim. "You do need boots, you need armour. You need that sort of thing."

Hakim is one of the creative minds behind the revamped Captain Canuck, a red-and-white clad superhero who first leapt — he doesn't fly but he has superhuman strength — from the comic book pages in 1975.

The series was temporarily shelved in 1976, but was back in stores from 1979 to 1981. A second version of Canuck appeared in 1993, then a third in 2004, but these were both limited runs.

Fast forward a decade, where the highest rated films chronicle the ka-pows, whacks and prak-praks of the X-Men, Justice League and Dark Knight, and the time appeared right for Canuck to reemerge from the Canadian wilderness of forgotten superheroes.

A new five-part web series featuring Canuck wrapped up this week (more are planned), a live-action suit has been unveiled for public appearances, and the film rights have been bought by Minds Eye Entertainment. Fans are even creating their own art based on the characters in the series.

"He is a boy scout that is a little apologetic and tongue in cheek," said Hakim, president of Captain Canuck Inc. and owner of Toronto's Lakeview Restaurant, about this new incarnation.

You see those qualities in the first episode of the web series. Canuck weaves his way through a Canada Day crowd on Parliament Hill in a rush to defuse a bomb. "Sorry, miss," he says to a female fan before interrupting a Platinum Blonde concert to locate the explosive.

Captain Canuck saves the day. CONTRIBUTED

Anthology

Resurrecting Nelvana

Captain Canuck isn't the only Canadian superhero emerging from the protective hands of comic book collectors or the dog-eared, twine-tied stacks in musty basements.

Pre-dating Wonder Woman, Nelvana of the North first appeared in comics in 1941 and ran for 31 issues.

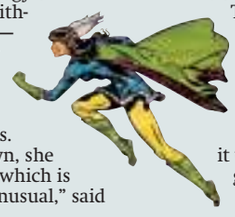
The tribal legends about the witch-like daughter of Koliak, King of the Northern Lights, inspired comic creator Adrian Dingle to pen a story about Canada's first female superhero.

CGA Comics' Hope Nicholson and her partner, Rachel Richey, launched a Kickstarter campaign last year to raise money to publish a complete anthology of all the Nelvana comics. Within five days they reached — and then doubled — their goal of $25,000. This spring, the 350-page book will be sent out to the project's crowdfunders.

"She is amazingly drawn, she is an Inuit super goddess, which is something that is really unusual," said Nicholson. "It is extremely Canadian. She actually, in one issues, arrives on a polar bear into battle, which is where Nelvana animation got its logo of a polar bear."

Rachel Richey and Hope Nicholson. CONTRIBUTED

To create the anthology, they went to about 13 different private and public collections across Canada to scan each page. They managed to get all of them except for one which they could not find, said Nicholson, who also produced the Canadian superhero documentary Lost Heroes, currently airing on Super Channel. "It was in one private collector's collection but it was too damaged to scan, so I had to go to a reference library yesterday to get a microfiche scan." DEAN LISK



"Exploring Canadian identity is amazing," said Hakim. "It is very simple to play on that dry sense of humour that is almost clichéd, but we Canadians hold that dear, and it is important to us. That is what Captain Canuck is."

It was that representation of Canadian identity that first attracted Hakim to the character. He was six years old when he came across a Canuck comic at the Dixie Flea Market near Toronto Pearson International Airport. The '70s comic followed the adventures of Tom Evans, a secret agent living in a futuristic 1993, who gains supernatural powers after an encounter with extraterrestrials.

"I had my own money, 25 cents, and I bought Captain Canuck No. 1," he said. "I didn't remember reading the story but I do remember getting as many issues as I could. He was a patriotic character. He was vibrant. And then 'Canuck,' I didn't really know what 'Canuck' meant.

"I was born here, but am first generation, and, you know, singing O Canada in class, and the flag, and to see that in a comic book ... It puts things in perspective."

Hakim went from buying Canuck comics to introducing the character to a new generation after he met Richard Comely, the comic's creator. Hakim wanted to use the superhero's likeness on his restaurant's menu and approached Comely to see if he would allow it.

"I took a chance and emailed Richard and I couldn't believe it when he got back to me," said Hakim.

When the license for Captain Canuck became available, Hakim acquired the rights. One of the first people he brought on board to revamp the character was Paul Gardner.

"As a kid, I came from Scotland and I discovered the comic," said Gardner, creative director at Captain Canuck Inc. "I had Captain Britain over there, and they didn't have it here. Then, I saw Captain Canuck on a shelf, picked it up and fell in love with it. My way into Canada was sort of through the comic book."

The first question they asked themselves is what they would keep from the original series. "It went from being a fantasy — the big blue sky — to how do we do this practically so we don't have fans hate us," said Gardner. "It takes a village to raise a child; it's the same as taking a property like this."

While they changed the suit, and switched the gender of the character Blue Fox from male to female, they stuck to the spirit of Captain Canuck as a big boy scout with a conscious.

"We wanted to make this all inclusive, we wanted to make sure we stuck to our female audience and brought a bit more balance to the characters," said Gardner. "There is a big female audience."

"There are no big breasts, there is none of that nonsense," said Hakim. "So far, so great. We are growing it slowly, we are keeping it independent to the point where we have enough of a following we can take it to a bigger audiences."

Voicing the Captain

In the web series, Captain Canuck is voiced by Kristen Holden-Ried (Lost Girl, The Tudors), with Paul Amos (Lost Girl), Laura Vandervoort (Smallville) and Golden Globe nominee Tatiana Maslany (Orphan Black) also lending their voices to characters. The five episode series can be viewed at captaincanuck.com.

The man inside the leather

How do you dress Captain Canuck? Not in tights, that's for sure, says David Pea, president of UD Replicas. "There is a lot of 'been there done that' with spandex. They can be convincing and realistic but they can also look cheap," he says.

Pea's Toronto-based company makes motorcycle suit replicas of pop culture costumes, from the Dark Knight and Man of Steel to KISS jackets and Star Wars.

"What the studios do with millions of dollars and massive budgets to create their costumes on films we have to somehow reproduce out of leather for the public," he said.

Late last summer, Pea was approached to create a Captain Canuck suit. The costume was shown for the first time at Thursday's premiere of episode five of the animated series in Toronto.

"In the cartoon, Canuck has big shoulders, no waist and a little head, and they had to figure out how to get all that to work on a real person without it looking silly," says Pea. "It had to be done with human proportions." METRO

The mask

Taken from a life cast, a clay mold was later injected with red-and-white urethane rubber (the same stuff used for car bumpers and tires). Red earpieces were later attached and blue mesh lenses were placed in the eye sockets. "It looks bad-ass," says Pea, adding Canuck wears the mask over a white balaclava.

The maple leafs

There is the large, main maple leaf on the chest and on the back, but maple leafs were also silk-screened on each of the shoulders.

The effect

"It doesn't matter what you are built like when you put on our stuff," says Pea. "Even if our suits are too big on you, it naturally looks skin tight because of the muscle-wrapping design we have done. He is going to look like a tank. It is going to look like he has zero body fat."

The muscles

The Captain's shoulders, biceps, triceps, thighs and six-pack (more like eight-pack) were sculpted out of motorcycle-grade foam-body armour. The leather was then glued to the muscles and worked into the creases to make the suit look skin tight. It took more than a month to complete this phase.

The fabrics

The jackets and pants are made from a white heavy-grained Napa leather and two types of red suede. There is darker red suede for the details and a brighter red covered in silicone hexagon print. "It is a 3D-raised print and you can feel it with your finger when you run it across it. That was a nightmare to do, I am not going to lie," says Pea. "The philosophy of the character had to fit. He is a Canadian hero, so the fact it is made of something a little sturdier than spandex makes sense with our weather."

The boots

Also custom made, the knee-high boots are deep red with white trim. Snap buckles on the sides allow Canuck to pull them on. "These are the sexiest and coolest boots we have ever made and they scream Canada. There is no mistaking them for anyone but Captain Canuck." For the record, Canuck wears a size 11.

Canuck talk

Captain Canuck spared a few minutes from his crime-fighting crusade to answer a few need-to-know questions. Here is what red and white had to say:

Who is a Canadian hero?
Chris Hadfield sets an amazing example for all young Canadians — and he's one of the only men I know who can fly in space! A close second would be the True Patriot Love organization, which looks after all the men and women who risk their lives in military service.

Who is a zero?
There's a villain named Vex giving a succubus friend of mine a hard time recently. Reminds me I've got to return her Rush CDs...

What superhero would you like to go out with?
I don't have much of a personal life these days, but I did I hear Tessa Virtue's time has freed up recently.

Who is more patriotic, you or Captain America?
Being a patriot is not a contest for either of us. Curling, on the other hand... METRO

A brief history of comics

It's time to stop thinking 'comedians' when you hear the words 'Canada' and 'comics.' Here is a quick sampling of some of our illustrious illustrated past and present:

Johnny Canuck

Created as a political cartoon in the 1800s, this national personification was Canada's answer to Great Britain's John Bull and the U.S.'s Uncle Sam. Just like Barbie, Canuck was depicted as everything from a soldier to a "habitant" and a lumberjack — which is the basis for the Vancouver Canuck's logo.

Superman

We've all seen the "It will never fly" heritage moment; in 1933, Jerry Siegel and his Canadian cousin Joe Shuster created the building-leaping Man of Steel. Some of the original elements in the strip, like the name of the newspaper Clark Kent worked at, were inspired by Shuster's Toronto upbringing.

Golden Age of comics

When the War Exchange Conservation Act banned the import of luxury goods from the United States — yes, comics included — in the 1940s, a Golden Age of comics was started in Canada. Johnny Canuck was updated and new characters, like Nelvana of the Northern Lights, were introduced.

X-Men

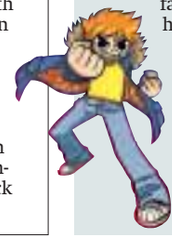
Introduced in 1963, the popular comic series about humans with mutant powers had storylines take place in Canada — including how Alberta-born Wolverine had his skeleton bonded with Adamantium. The film series was partially shot in Canada, with Canuck actors portraying some of the key characters. Among them are Halifax's Ellen Page as Kitty Pryde, Shawn Ashmore as Iceman, and Canadian-born Anna Paquin as Rogue.

Alpha Flight and Northstar

First appearing in a 1979 edition of Uncanny X-Men, Alpha Flight was an all-Canadian superhero team that tried to capture Wolverine and bring him back to Canada. The team is made up of French, English and First Nation characters, and was spun-off into its own series. One ember of Alpha Flight, Northstar — Montreal-born Jean-Paul Beaubier — was one of the first openly gay comic book characters, and even married his partner, Kyle Jinadu, in 2012.

Tom McFarlane

A Calgary native, McFarlane worked on a number of famous comics in the '80s and '90s before creating his own character, the anti-hero Spawn.



Graphic novels

In recent years, Canadian cartoonists like Seth (Palookaville), Chester Brown (Louis Riel, Paying for It) and Bryan Lee O'Malley (the Scott Pilgrim series) have received acclaim for their graphic novels. METRO

Gotta be room for Gus on Breaking Bad spin-off

Better Call Saul. Add Giancarlo Esposito to the list of Breaking Bad alumni itching to join the drama's upcoming prequel

Giancarlo Esposito, left, in a scene from Breaking Bad. GREGORY PETERS/AMC

Giancarlo Esposito says he believes there's room for his drug kingpin character Gustavo Fring in the hotly anticipated spin-off to Breaking Bad, which centres on the dealings of sleazy lawyer Saul Goodman before he hooks up with meth-maker Walter White.

"I don't know how much room but certainly it takes place pre-Walt so there is that space in that moment of time to have Gustavo realized in that show, it certainly is completely possible," Esposito said in a recent phone interview to promote an appearance at Toronto Comicon this weekend.

Speaking from the set of his current series, Revolution, in Austin, Tex., the veteran actor says he considers the ruthless Fring to be one of the best roles of his career, and credits Breaking Bad creator Vince Gilligan with the opportunity.

He would love for their TV partnership to continue.

"My people have talked to his people," Esposito says of Gilligan, who is listed as a co-creator on Better Call Saul.

"They're in the writers' room now so they have to formulate exactly what the show is but they've asked if there would be any interest if they were able to figure it out. I always would love to return to them because I think Vince is brilliant at what he does and I love the cast that he put together. To be back with the Breaking Bad family is a very specific and very wonderful way to work."

The Emmy-winning Breaking Bad ended last year after five seasons.

Gilligan has said he'd welcome cameos from Breaking Bad actors in Better Call Saul, which will return Bob Odenkirk to the role of an Albuquerque attorney whose bread-and-butter is defending low-level criminals.

Breaking Bad co-star Aaron Paul, who played Walt's student-turned-sidekick, has said he's game for revisiting Jesse Pinkman and has been in talks about bringing his character on board.

But it isn't clear if there will be room for Breaking Bad star Bryan Cranston, whose science-teacher-turned-dealer Walter White relied on Saul's money-laundering schemes as his empire grew.

One character that has reportedly been confirmed is Saul's trusted private investigator/fixer Mike Ehrmantraut, played by Jonathan Banks. And that may be Gus' avenue into the show.

Fans of Breaking Bad know that Mike also worked as security chief at Los Pollos Hermanos, the chicken chain Gus used to launder his drug spoils, and was an enforcer in Gus's drug operation.

If Gus is ever brought into the show, Esposito says he's confident it would be a natural fit to the overall Breaking Bad story.

"These writers are really good and they have a great way to be able to truthfully bring someone back."

THE CANADIAN PRESS

Quoted

"I would always love to return to them because I think Vince is brilliant at what he does and I love the cast that he put together."

Giancarlo Esposito, on getting the chance to work on Better Call Saul

Mind the App

Wander the Canadian wilderness

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Wild Canada
iPhone/iPad
Free

This impressive companion to the new CBC TV series is an atmospheric journey through our country's wildlife, landscape, and people using interactive binoculars, bird flights, HD video clips and infographics.

Video game review

Name. Plants Vs. Zombies: Garden Warfare

For. Xbox One/Xbox 360

Rated. Everyone 10+

This game won't play without an Xbox Live subscription and will restrict you to playing just with friends online, not on your couch. These are frustrating demands for an otherwise fun time. You run and shoot, either together to protect a garden or against each other in teams. The fun is in unlocking zany upgrades such as jet packs, drones, and disco zombies. Things really do become "craaazy" while somehow remaining balanced. That's until EA's servers drop your session, turning what should be a fantastic experience into a problematic one. KRIS ABEL

3 songs for the weekend

A little old, a little new, and a tongue-twister that will leave you speechless.

SOUND CHECK
Alan Cross
scene@metronews.ca

The Day I Tried to Live (Rehearsal)/ Soundgarden

Listen in as Soundgarden works out how this future single from 1994's Superunknown should sound. Expect more material like this with the album's 20th anniversary reissue on June 3.

TV/ Superfood

Speaking of how things were back in the day, this brand new track from the U.K.'s Superfood would not sound out of place if it had been released in 1994 at the height of Britpop craziness. Interesting how things have come full circle, isn't it?

Alphabet Insanity/ Mac Lethal

This alphabetical alliteration will amaze all. Lethal's YouTube channel, Therapy, Fast Rap and Drunken, features even more tongue-twisters.

Call him Mr. Fahrenheit

Lambert will rock you on Queen's 19-date U.S. tour

Adam Lambert has never paid attention to the haters, and he won't start now as the lead singer for the rock band Queen on their upcoming summer tour.

"You just can't focus on that crap, especially in today's day and age, the Internet, and everybody has an opinion and a comment. That's not why we do this," Lambert said.

Lambert first performed with Queen in 2009 when he was a contestant on American Idol, where he placed second. The band and Lambert have since performed together, including last year's iHeartRadio Music Festival in Las Vegas and a European tour in 2012.

This summer's 19-date U.S. tour kicks off June 19 in Chicago, and wraps up July 20 in Washington, D.C. Tickets are scheduled to go on sale Friday.

THE ASSOCIATED PRESS

A banner day for Bieber: Police arrest sleeping fan, and release urine test vid

Police in suburban Atlanta arrested a woman they say was found sleeping in a bedroom at a home rented by Justin Bieber. Police say 23-year-old Qianying Zhao was found at the home Wednesday.

She told officers she had come to attend Bieber's birthday party and entered the unoccupied home through an unlocked door. But police say Bieber's party was earlier in the week at another location. She told officers she was Bieber's friend, but investigators believe she's one of millions of fans who follow him on Twitter. She faces a charge of criminal trespass.

Meanwhile, a Miami police video of Justin Bieber giving a urine sample for a drug test after his arrest on driving under the influence and other charges was released Thursday, with sensitive portions blacked out as ordered by a judge.

The clips show the 20-year-old singer standing behind a low partition to provide the sample. A black box is imposed over his lower half to conceal any glimpse of his genitalia.

THE ASSOCIATED PRESS

Justin Bieber ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

You've Gotham be kidding — Spidey star kills Batkid honour?

MELINDA TAUB
Metro World News

Did Andrew Garfield refuse to present with Batkid at the Oscars?

If there is any truth to this rumour, Andrew Garfield may have pole vaulted past Justin Bieber and Shia LaBeouf to take the prize for most unlikable celebrity of the year. Shia just screams at Alec Baldwin, who can probably take it; Andrew, rumour has it, broke the heart of a little boy who survived cancer.

Garfield was scheduled to appear at the Oscars on Sunday with Batkid, the little boy with cancer for whom San Francisco transformed into Gotham for a day. The Spiderman star was to take part in an official ceremony to name Batkid an official superhero. However, Garfield apparently didn't like his lines and wanted to change them.

"Garfield refused to go by the script. He came up with his own lines. The producers felt that Garfield's (rewrites) were not appropriate. Garfield had a tantrum. He stormed off. Miles and his family, who were at the rehearsal, were devastated," a source told Page Six.

Producers decided to cut the Batkid segment from the show and sent Miles and his family to Disneyland instead — which, for a California kid, may not have been much of a thrill. I really hope Garfield's jerkishness is just a rumour, but even if he was a huge diva, it's not just him — this reflects terribly on everyone involved. Garfield, of course, comes off as a real jerk, but what would possess the Oscar producers to put such pressure on a small child in the first place?

Jennifer Lawrence

JLaw gets off Oscar-free and couldn't be happier

Jennifer Lawrence went home empty-handed from the Oscars last weekend, but apparently that's just fine as far as she's concerned.

"Jennifer said she was so relieved she didn't win because she didn't want to go through what Anne Hathaway experienced. She's very aware that the backlash is already coming anyway," a source tells Radar Online. "She was sort of joking because her and Anne are actually friends, but she just knew that if she won the Oscar again it'd be like a target on her back."

Liquid Assets

Wine warms up to soup

LIQUID ASSETS
Peter Rockwell
@therealwineguy
Facebook: therealwineguy
liquidassets@eastlink.ca

Not every culinary creation was designed with wine in mind. Take soup for example.

The perennial meal starter has no one flavour profile. Hundreds of different recipes exist, so anointing a single wine to lord over them all is impossible.

Oh, and did I mention soup is mostly liquid? Wine doesn't play well with like-minded matter. Its idea of a perfect marriage is something solid that it can wrap its fruit, acid and, in the case of a red, tannins around.

That said, some soup styles are more wine friendly than others. Just look to the fundamentals of their foundation.

Those with texture are accommodating and today's veg-based recipe has weight and stability, which gives it a level of solidity wines find appealing. I like low acid reds with this veggie-palooza.

Try a bright New World Merlot, a juicy French Beaujolais or a plump New Zealand Pinot Noir like Villa Maria's 2012 Private Bin Pinot Noir ($19.95 - $24.99) — a silky blend of cherry and strawberry that checks all the right boxes. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

With cold weather still gripping the nation, a steaming bowl of soup is sure to warm you up. Bestselling Australian chef Donna Hay shows us how, with this recipe from her cookbook Fast, Fresh, Simple.

Easy Vegetable Soup is as simple as chop, boil, simmer

This recipe serves four. BOTH PICTURES DONNA HAY

FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

Nothing warms you up as quickly as a bowl of soup. This one features flavour enhancers such as onion, garlic and lemon thyme leaves as well as veggies and cheese to garnish.

1. Heat a saucepan over medium-high heat.

2. Add the oil, onion, garlic and thyme and cook for 3 minutes or until soft.

3. Add the tomato, stock, carrot, zucchini and parsnip.

4. Cover and bring to the boil. Allow to simmer rapidly for 15 minutes or until the vegetables are tender.

5. To serve, ladle into bowls and top with salt, pepper and Parmesan. **WATCH DONNA HAY FAST, FRESH, SIMPLE THURSDAYS STARTING AT 10 P.M. EST/PT ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

Ingredients

- 2 teaspoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 teaspoons lemon thyme leaves
- 2 cups (500 ml) tomato purée (tomato sauce)
- 2 cups (500 ml) chicken stock
- 1 carrot, peeled and grated
- 1 zucchini (courgette), peeled and grated
- 1 parsnip, peeled and grated
- sea salt and cracked black pepper
- finely grated Parmesan, to serve

Dessert

Baked Whole Lemon Pudding

- 1 thin-skinned lemon
- 1 1/2 cups (330 g) caster (superfine) sugar
- 30 g butter, melted
- 3 egg yolks
- 3/4 cup (180 ml) single (pouring) cream
- 2 tbsp cornflour (cornstarch)

Preheat oven to 160 C (325 F). Cut the lemon into 8 pieces and remove any seeds. Place in a food processor with the sugar and process until very smooth. Add the butter, egg yolks, cream and cornflour and process until smooth. Pour mixture into 4 greased 1-cup capacity (250 ml) ovenproof pie dishes. Bake for 22–24 minutes or until just set. Serve warm or cold with vanilla ice-cream.
DONNA HAY, GUSTOTV.COM

Building a strong foundation

MICHELLE WILLIAMS
For Metro

Canada's theme for International Women's Day 2014 on Saturday is Strong Women, Strong Canada. So what could be more fitting than to focus on ways we can help guide our daughters along the path to becoming self-assured, resilient women?

Beth Malcolm, director of the Girls' Fund for the Canadian Women's Foundation, shares her advice for building strong and confident girls.

1 Talk to your daughter. It's important to maintain open dialogue. Discuss movies, music videos, current events, what's going on in her life, and listen to what she has to say. Hear her opinions, raise questions and encourage her to think critically, challenge stereotypes, value other peoples' opinions and form her own.

2 Allow her to take the lead. Give her opportunities to make choices about things like after-school and family activities to help practise making good, healthy decisions — just be sure to stay close by to keep things safe.

3 Validate her experiences. If she has challenges with friends or teachers, for example, avoid remarks like "it will all be fine tomorrow." Respect how she feels, bring in different perspectives and help her find solutions by talking things through.

4 Help her develop a strong sense of connection to others. Encourage her to join teams and clubs to build social connections. Being online shouldn't be the primary form of social interaction.

5 Encourage her to take safe risks. You instinctively want to protect, but girls do need to learn to be accountable for decisions and learn from their mistakes.

6 Stay connected to your child's school. There are many ways to be involved even if you can't volunteer in the classroom. Besides a good curriculum, your daughter's school should celebrate diversity, encourage the value of charity, and create a safe, caring environment.

7 Promote extracurricular activities. From music and art, to sports, public speaking and more, embrace the things your daughter is good at and encourage her to go outside her comfort zone, too.

8 Model self-confidence in your own behaviour. Your daughter shouldn't hear you criticizing things like your appearance or your weight. Value your own accomplishments and lead by example.

To mark International Women's Day on Saturday, focus on ways you can help guide your daughters along the path to becoming self-assured, resilient women. WARREN GOLDSWAIN/SHUTTERSTOCK

Arlene Dickinson
TORSTAR NEWS SERVICE FILE

Inspiring change

This year's theme of International Women's Day highlights the valuable contributions of women entrepreneurs to the Canadian economy.

Metro asked Arlene Dickinson, one of this country's best known independent marketing communications experts, for inspiration and advice to pass on to the next generation of female entrepreneurs.

Dickinson offers these tips for young women to help inspire change for the world by first inspiring change for themselves.

- Know who you are and what core values you have that are non-negotiable, and don't be afraid to stand for those values against all public and personal resistance
- Know that there is no one "right way," but there is always a wrong way
- Surround yourself with people who give you good reason to pause and reflect on your opinion, and never be afraid to change your opinion because of what you have learned.
- Don't fear power or money for often they are in the hands of people who least deserve respect.
- Always fear people who don't speak the truth.
- If your gut says, "don't do it" then don't do it. It really is that simple. And if it says, "I'm scared but I feel I should try," then give it every ounce of effort you have and go for it.
- Do not be a pawn in someone else's game. It's always your move.
- Learn from others and listen to yourself.

PAULINE ANDERSON

As the world celebrates International Women's Day Saturday, let's salute these strides and support those who continue to challenge the status quo.
BIKERIDERLONDON/SHUTTERSTOCK

Saluting trailblazers

KELLY PUTTER
For Metro

Is it your mom, sister or daughter you evoke when thinking about the great women in your life? Or perhaps you go to international trailblazers such as Hillary Clinton, Malala Yousafzai or Roberta Bondar?

Either way, the fact that you can easily call to mind influential females in all spheres shows how women have progressed in their quest for equality and freedom. As the world celebrates International Women's Day (IWD) Saturday, let's salute these strides and support those who continue to challenge the status quo.

Inspiring change is the theme of this year's IWD's campaign, which aims to honour women's accomplishments while reminding us that action is still needed to bring about true equality.

"The theme of inspiring change is powerful," said Leigh Naturkach, violence prevention program manager at the Canadian Women's Foundation, which works toward equality for women and girls. "It's meant to inspire us all to reflect on ourselves, our attitudes and our actions and also to reflect on and question long-held and outdated ways of thinking that are harmful."

Equality
IMPOSSIBLE
Independence
Empowering
Achievement
Yes
Inspiring Change
Since the first International Women's Day in 1911, women in Saskatchewan and around the world have seen gains—but we still see inequality.
So as we celebrate on March 8th, let's renew our commitment to change—to moving forward to a time of equal rights, equal opportunity and progress for all.
International Women's Day
/womensday
SCEU
Proudly taking a stand for women's equality

Hitting the ice is twice as nice for Stamkos

Not only did Tampa Bay Lightning star Steven Stamkos make his return to action against Buffalo on Thursday after missing 45 games with a broken right shin, but the club also announced he had taken over as team captain. Stamkos, seen here in pregame introductions, received a standing ovation when it was revealed he would be taking over the 'C' from former captain Martin St. Louis who was traded to the New York Rangers on Wednesday in exchange for Ryan Callahan. Callahan also made his debut for the Lightning in their game against the Sabres. MARK CARLSON/GETTY IMAGES

Wiggins won't play in Kansas anymore

NCAA basketball. Planning on entering NBA draft, freshman phenom from Canada speaks fondly of support playing in front of Jayhawks fans

Andrew Wiggins remembers sitting in the bleachers of Allen Fieldhouse long after the final whistle, watching as the crowd showered the departing Kansas players with love.

It may not have been that exact moment that the nation's No. 1 recruit decided he would play his only season of college basketball with the Jayhawks. But the outpouring of support on senior night certainly played a role in his decision, one that he doesn't regret for a moment.

"It went too quick," Wiggins said late Wednesday after his own version of senior night, tucked away in a small room not far from those stands where he sat a year ago.

"I wish I had more time to stay here and do my thing, just be here with the team and the coaches and all these wonderful fans," Wiggins said, thoughtfully. "That's one of the reasons I committed here. I came here on senior night and the fans were so loyal."

Wiggins arrived at Kansas with nearly unattainable expectations, yet he's lived up to just about all of them. He's averaging 16 points and nearly six rebounds, numbers that may seem modest at first glance but are even more impressive considering the way he shares the ball.

To be perfectly clear, Wiggins has never led anybody on. He made it clear from the outset that he would head to the NBA next season, and after having one of the best freshman campaigns in Kansas history, he's certain to be a lottery pick if not the No. 1 overall choice. THE ASSOCIATED PRESS

Quoted

"I've been blessed by a good team, great coaches and the greatest fans a team could ask for."

Andrew Wiggins on playing his last game as a Jayhawk at Kansas's Allen Fieldhouse

NHL

Devils' Kovalchuk penalty reduced

The NHL reduced its penalty against the New Jersey Devils on Thursday for signing Ilya Kovalchuk in 2010.

The Devils will keep the first-round draft pick they were scheduled to forfeit this year, and the league will reduce the $3-million fine assessed against the team for circumventing the NHL-NHLPA collective bargaining agreement

The Devils recently applied to the league for reconsideration and relief from a portion of the original penalty, citing primarily changes in circumstances which, in the club's view, changed the appropriateness of the sanctions. Kovalchuk retired after last season and returned to Russia to play there.

THE ASSOCIATED PRESS

PGA

Rain wreaks havoc at Doral

Tiger Woods only made it through 10 holes Thursday — this time because of the weather, not his back.

Woods received an incomplete grade Thursday when the opening round of the Cadillac Championship was halted more than two hours because of menacing thunderstorms.

Harris English was among only six players who finished the round, hitting a 5-iron into the par-3 ninth hole and rolling in a 45-foot birdie putt for a 3-under 69.

Woods, who walked off after 13 holes Sunday in the Honda Classic because of lower back pain and spasms, said he warmed up well and felt good during the delay. His golf didn't look all that great. He was 2-over par through 10 holes, ending the day with a wedge that came up some 20 yards short of his target, leading to a three-putt for bogey from about 55 feet.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't be afraid to disagree with authority. You respect the fact that they outrank you but you also know that if you do as they say you will regret it. Aries is the first sign of the zodiac so put your needs first.

♉ Taurus
April 21 - May 21
You may be willing to change your plans to help someone out today but don't let them tell you that you are obliged to do so. Let them know this is a one-off situation.

♊ Gemini
May 22 - June 21
You may be annoyed that a loved one failed to consult you before taking a course of action that affects you, but don't let it show. Frankly, there are more important things you should be focusing on.

♋ Cancer
June 22 - July 23
The journey you have started on may be long and hard but you are determined to reach the end, and with Jupiter on your side again there is no doubt you will succeed. Do you believe that? You should.

♌ Leo
July 24 - Aug. 23
The planets urge you not to plan too far ahead because even routine matters are likely to change over the days, weeks and months to come. You also need to be flexible.

♍ Virgo
Aug. 24 - Sept. 23
It's possible to be too generous and at some point today you will realize that your sympathy for someone was misplaced. There is no point getting angry about it, but try not to make the same mistake twice.

♎ Libra
Sept. 24 - Oct. 23
You have a tendency to fear the worst but with Jupiter moving in your favour again you will be visualizing all sorts of wonderful things. Good. What's in your mind's eye today will be reality tomorrow.

♏ Scorpio
Oct. 24 - Nov. 22
Someone you meet over the next few days will inspire you creatively and maybe romantically too. Will this new liaison stand the test of time? There is no way of knowing but it will be fun finding out!

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will offer what sounds like good advice today but the planets warn they are thinking of their interests rather than yours. Listen to your inner voice.

♑ Capricorn
Dec. 22 - Jan. 20
No matter how well you have planned things, there are sure to be hold-ups and disruptions today and over the weekend. Promise yourself that you won't get angry with people who move and think slowly.

♒ Aquarius
Jan. 21 - Feb. 19
You are unsure whether to push ahead with a new plan or to hold back and see how things develop. Hopefully it will be the former. The longer you wait, the more likely it is others will get ahead of you.

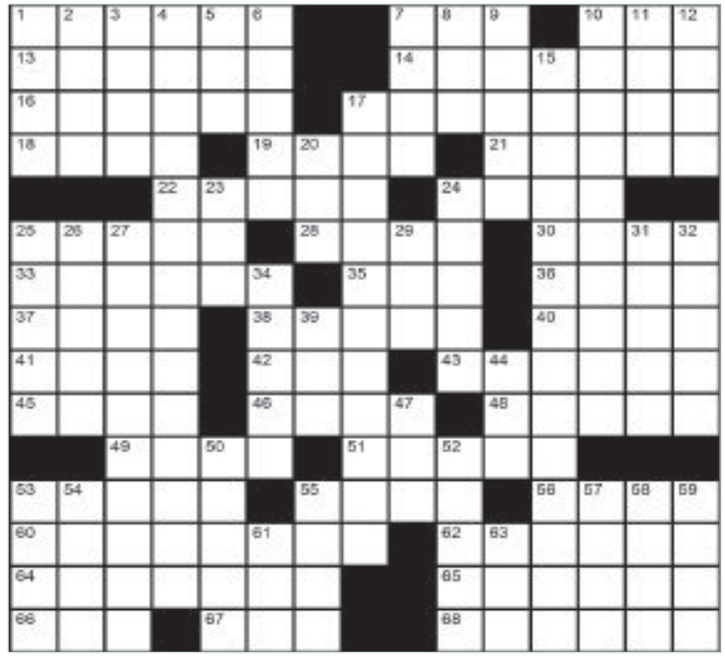
♓ Pisces
Feb. 20 - March 20
Someone you are fond of has made a silly mistake and feels bad about it. Give them an uplifting pep-talk. It's what they do next that counts.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

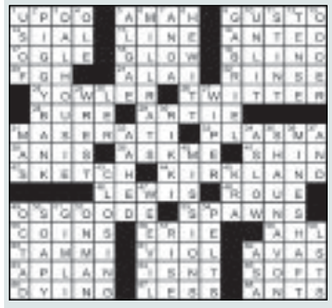
BY KELLY ANN BUCHANAN



Across
1. British Columbia city
7. US cable channel
10. Li'l music trio
13. City in northern Spain
14. The Wind in the Willows writer, Kenneth __
16. Put down floor tiles again, say
17. Fashionable-no-more
18. Towering
19. Ms. Andrews, new "Dancing with the Stars" co-host
21. Tears apart
22. Dietary designation on food packages
24. Baroque painter, Guido __ (b.1575 - d.1642)
25. Monastery boss
28. Extinct bird of Mauritius
30. Isle of exile for Napoleon
33. Mil. officers
35. Cacharel perfume
36. Unappealing food
37. "Cold Mountain" (2003) heroine, and others
38. Indiana basketballer
40. Ms. Pinkett Smith
41. Ms. Campbell
42. Granny, in Germany
43. German actress Diane
45. From the beginning
46. He-sovereign
48. Bird's task, building _ __
49. To laugh: French
51. Of prophets
53. Get the answer
55. Jean Arp's art
56. Zap
60. Plato title character ...a work by the ancient philosopher in which Socrates also features
62. 'The Cold Capitvl Project' Hip-Hop artist from Ottawa, F.__
64. Vexing
65. Amends-making person
66. Top with jeans
67. NBC show [acronym]
68. Lady's title in Spain

Down
1. Type
2. Iris spot
3. Streamlet
4. TV series, "The __ __ of Vancouver"
5. Q. "What's actor Mr. Asner's first name?" A. "__, _ believe."
6. Sing, Alps-style
7. "Son of _ __!"
8. "The A-Team" star, __. _
9. Inner circle
10. 1931 Emily Carr painting, Zunoqua of the __ __
11. Captain Hook's sidekick
12. Mr. Beatty's
15. Yukon locale, the 'Gateway to Kluane': 2 wds.
17. #10-Down's painting type: 3 wds.
20. Gnarly!
23. _ _ & _ (Telecommunications company)
24. Howard __ (The Fountainhead architect)
25. Rod Stewart's first wife
26. VP Joe
27. Body of water on Montreal's Mount Royal: 2 wds.
29. Bambi's mother
31. Foretells
32. Isolated
34. Talked
39. Friend ...en francais
44. Actress Aishwarya
47. __ about (Rove)
50. Additional attempts
52. Spanish appetizers
53. Saliva
54. Elbe tributary
55. Fencing fight
57. Cornerstone word
58. Suffix with 'Game'
59. Vampire Weekend singer Mr. Koenig
61. '70s President (Monogram)
63. Path [abbr.]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			6				8	5
	2		5				6	
		1			7	9		
8				2	9			
	3	9				4	2	
			3	7				8
		2	7			1		
	7				2		4	
3	4				6			

Yesterday's Sudoku

3	5	8	2	9	4	6	7	1
6	2	7	5	1	3	4	9	8
4	9	1	7	6	8	5	2	3
8	7	2	3	4	9	1	6	5
1	3	9	6	2	5	7	8	4
5	4	6	8	7	1	2	3	9
7	1	5	9	8	2	3	4	6
9	6	3	4	5	7	8	1	2
2	8	4	1	3	6	9	5	7

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